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Food and Nutrition Services

FEBRUARY 2015

Culinary Program for Schools!

Culinary Skills Institute



The Missouri Culinary Skills Institute (CSI) is pleased to announce open enrollment for the March 2015 Healthy Cuisine for Kids training. CSI's mission is to support nutrition environments in schools by advancing the culinary skills of the food service staff. The upcoming training is based on the Healthy Cuisine for Kids Program developed by the National Food Service Institute.

The hands-on training takes place in a culinary lab where participants will prepare healthy, kid-tested recipes using healthy cooking methods. The Institute is offered through a partnership among the Department of Health and Senior Services (DHSS), DESE FNS and the Missouri School Nutrition Association (MSNA).

The training details are as follows:

What: CSI is seeking 20 school kitchen staff to attend a 2 ½ day training. Up to two school food service personnel per school district may apply.

Who: Enthusiastic school food service personnel who are responsible for hands-on training of district food service staff, direct food preparation or both are encouraged to apply.

When: March 16 -18, 2015

Where: [Northland Career Center](#), 1801 Branch Street, Platte City, MO 64079

Cost: Registration is free.

Travel expenses are the responsibility of the trainees.

Scholarships by the Missouri School Nutrition Association will be available. More information will be forthcoming.

To Apply: Please fax application and a letter of recommendation from your supervisor to DHSS 573.522.2856 by close of business Friday, February 13, 2015.

Successful candidates will receive notification on Friday, February 20, 2015.

Applications are available at: [www.health.mo.gov/culinaryskillsinstitute](#)

Interested individuals with questions or in need of additional information can contact Alma Hopkins, Team Nutrition at 573.751.2342 or alma.hopkins@health.mo.gov.

Food and Nutrition (FNS) Summer Workshops 2015

Food and Nutrition Services announces its **2015 Summer Training schedule**. FNS welcomes local food service staff to set plans to attend! **Topics will cover the latest regulations** affecting menu productions and record keeping.

The one day training will be available at seven locations in Missouri on nine different dates. Registration will be online and information will be announced in April under the "**News and Updates**" link or <http://dese.mo.gov/financial-admin-services/food-nutrition-services/news-and-updates>.

Dates and locations are as follows:

- June 25, Jefferson City
- June 30, Kirksville
- July 7, Cape Girardeau
- July 8 and 9, St Louis
- July 21 and 22, Grain Valley
- July 28, Joplin
- July 29, Springfield

Registration Coming, April 2015

FreshLIFE Enjoy a SALAD today!

FreshLIFE Enjoy a Salad Today! is a marketing campaign for middle and high schools offering salad bars. Like its sister program for elementary schools, [Rainbow Days](#), **FreshLIFE** is a campaign with a mission to promote salad bars to students for its abundant health benefits and to simultaneously market the school lunch program.

Participating in the **FreshLIFE** campaign is a matter of steps 1-2-3.

1. Enroll! One enrollment form for each middle or high school site.

2. Market FreshLIFE! campaign. Download and customize a flyer. Post and share flyer to administration, teachers, staff and students.

3. Plan for a variety of produce using Produce Guide. From the ordinary to the extra-ordinary produce, ordering and preparation of the salad bar menu is an essential step. A downloadable one page guide is available to help plan for the day and offer a list of new foods for students to try.

Registered schools will receive educational supplies promoting breakfast, healthy beverages and snacks for teens plus additional incentives such as cafeteria posters, visors for cafeteria staff and a \$200 stipend to help defray food costs.

FreshLIFE campaign is now accepting registrations for interested schools at: <http://health.mo.gov/living/wellness/nutrition/freshlife/>

NATIONAL SCHOOL BREAKFAST WEEK, MARCH 2-6, 2015

Celebrate NSBW 2015 with the theme of ***“Make the Grade with School Breakfast.”*** It highlights how eating a nutritious breakfast helps students achieve success in the classroom and beyond.

Now is a good time to start planning your celebration with free tools and resources.

Two resource banks that offer timesaving tools and resources in celebration of NSBW are found at:

USDA's Healthy Meals Resource Bank: <https://healthymeals.nal.usda.gov/features-month/march/national-school-breakfast-week>

AND

The **School Nutrition Association's** web site www.schoolnutrition.org/nsbw.

The School Nutrition Association offers member resources specifically geared to NSBW with some materials accessible to the public.

Whether it be USDA's or School Nutrition Resources, both offer a number of useful tools and celebration ideas to help get you ready for a successful NSBW.

Check out some of the online tools, such as:

- NSBW Tool Kits by both USDA and SNA.
- Posters and other promotional items (by USDA and SNA)
- Certificate of Completion (by SNA). Use this template certificate to say thank you to your staff for all their hard work during NSBW or to recognize the school which had the largest increase in participation or came up with unique celebration ideas.
- Expanding Your Breakfast Program (by USDA). This step-by-step guide helps you create a breakfast-focused team, explore alternative service methods, design and implement an action plan, and market the program effectively to improve participation and positively impact student health and academic potential.



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